

Integrative Healthcare Symposium 2019			
Hilton Midtown, New York			
Time	Session Title	Speakers	Room Assignment
Thursday, February 21, 2019			
8:00am - 8:30am	Opening Remarks	Woodson Merrell MD	Sutton Complex
8:30am - 8:45am	Visionary Award Presentation	-	
8:45am - 10:00am	Yoga: A Fad, Evidence-Based, or New-Age Distraction?	Rodney Yee and Colleen Saidman Lee	Sutton Complex
10:00am - 10:15am	<i>Morning Break</i>		
10:15am - 12:00pm	Why We are Confused: The Failures of Nutrition Science	Mark Hyman MD	Sutton Complex
10:15am - 11:15am	Test, Don't Guess! Integrative and Functional Nutrition Laboratory Assessment	Mary Beth Augustine RDN, CDN, FAND; Kathie Swift MS, RDN, LDN, FAND	Learning Annex
	Change Your Genes - Change Your Life	Kenneth R. Pelletier PhD, MD	Clinton Suite
11:15am - 12:15pm	<i>IFM Presents</i> : What is Keeping You Stuck in Adrenal Fatigue	Marcelle Pick NP, OB/GYN	Clinton Suite
	Integrative and Comprehensive Approach to Inflammatory Bowel Disease	Ronald Hoffman MD, CNS, FACAM	Learning Annex
12:15pm - 1:45pm	<i>Mid-Day Break</i>		
1:45pm - 3:00pm	Leaky Heart Syndrome	Jack Wolfson DO, FACC	Sutton North
	The Technology-Engagement Triad: The Practitioner, Wearable Technology/Apps, & The Patient	Steven Feyrer-Melk PhD, M.Ed	Sutton Center
	Cannabis in Cancer Care	Donald Abrams MD	Sutton South
3:00pm - 3:30pm	Measuring Biology vs. Symptomatology - The Fully Integrated Functional Wellness Program	Dane Donohue DC	Learning Annex
	<i>Afternoon Break</i>		
3:30pm - 5:00pm	HRT: To Give or Not to Give, The Functional Medicine Answer	Joel Evans MD	Sutton North
	Environmental Toxins: Part 1 - The Top 4 Pollutants In Your Body And What They Are Doing To You	Lyn Patrick ND	Sutton South
	How to Better Assess Your Patient's Nutrition Needs	Ashley Koff RD	Learning Annex
	Dental Danger: Signs of Sleep Breathing Disorders in children and Adults - Learn the Visusal Clues!	Mark Breiner DDS, FAGD, FIAOMT	Clinton Suite
Time	Session Title	Speakers	Room Assignment
Friday, February 22, 2019			
8:30am - 9:45am	Keynote: Fasting Mimicking Diets, Regeneration, and Age-Related Diseases	Valter Longo PhD	Ballroom East
9:45am - 10:45am	<i>Morning Break - Exhibit Hall Open</i>		
10:45am - 12:00pm	Revolutionizing Modern Health with Ancient Medicine	Josh Axe DNM, DC, CNS	Ballroom East
	Real World: Integrative, Functional and Naturopathic Clinical Pilots in the Era of Value-Based Care	John Weeks; Mark Hyman MD; David Fogel MD; Lorilee Srhoenheck ND	Ballroom West
	Chronic Disease is an Environmental Issue	Isadora Guggenheim ND	Learning Annex
	Guided Imagery: Efficacious, Portable, Scalable, User-Friendly, Self-Administered	Belleruth Naparstek ACSW	Nassau Suite
12:00pm - 1:30pm	<i>Mid-Day Break - Exhibit Hall Open</i>		
1:30pm - 2:45pm	The Autoimmune Epidemic - Exploring the Controversies and Pathways Forward	David Brady ND, DC, CCN, DACBN, IFMCP; Yehuda Shoenfeld MD, FRCP, MaACR; Aristo Vojdani PhD, MSc, CLS; Nancy O'Hara MD, MPH, FAAP; David Perlmutter MD, FACN, ABIHM	Ballroom East
	Gut Dysbiosis, Immune Activation and Histamine Intolerance - Untangling the Web	Michael Ruscio DC	Ballroom West
	Integrative Approaches to Traumatic Brain Injuries	Adam Breiner ND	Nassau Suite
	Laughter: Enlivening Global Relationships and Wellness Through this Universal Language of Healing	Karen Ellen Fink BSN, RN, HNB-BC, LMT, CLL	Learning Annex
2:45pm - 3:15pm	<i>Afternoon Break - Exhibit Hall Open</i>		
3:15pm - 3:30pm	Leadership Award Presentation	-	
3:30pm - 5:00pm	Lifestyle Choices Chart Your Brain's Destiny	David Perlmutter MD, FACN, ABIHM	Ballroom East
Time	Session Title	Speakers	Room Assignment
Saturday, February 23, 2019			
8:30am - 10:00am	Pathways to Longevity: Intracellular Biochemical Pathways Associated with Aging	Robert Rountree MD	Ballroom East
	Environmental Toxins: Part 2 - Survival Strategies To Deal With 4 Of The Most Damaging Pollutants	Lyn Patrick ND	Learning Annex

8:30am - 9:45am	Doing It, Better! Integrative Medicine for Sexual Dysfunction	Barbara Bartlik MD; Geo Espinosa ND, L.Ac, IFMCP, CNS; Janet Mindes PhD; Ronald Hoffman MD, CNS, FACAM	Gibson Suite
	Cannabis, The Endocannabinoid System, and Integrative Modalities: What Integrative Practitioners Need to Know	Carey Clark PhD, RN, AHN-BC, RYT	Ballroom West
9:00am - 12:00pm	Compassion Fatigue + Vital Exhaustion: A Matter of the Heart	Nancy Gahles DC, CCH, RSHom(NA),OIM; Lorraine Gahles-Kildow PhD	Nassau Suite
9:45am - 10:45am	<i>Morning Break - Exhibit Hall Open</i>		
10:45am - 12:00pm	Microbiota and the Gut-Brain Axis in Health and Disease	Rob Silverman DC, DACBN, DCBCN, MS, CCN, CNS, CSCS, CIISN, CKTP, CES, HKC, FAKTR	Ballroom East
	Patient-Specific Immune Repair Program: Immunopathogenesis in Ill & Good Health	Russell Jaffe MD, PhD, CCN	Ballroom West
	Exploiting Genetic Variation in Hormone Balancing for Women	Wendy Warner MD, FACOG, ABIHM, IFMCP	Learning Annex
12:00pm - 1:30pm	<i>Mid-Day Break - Exhibit Hall Open</i>		
1:30pm - 2:45pm	Suicide: A Public Health Crisis - Obligations and Opportunities for Integrative Medicine	James Greenblatt MD	Nassau Suite
	The Mosaic of Autoimmunity	Yehuda Shoenfeld MD, FRCP, MaACR	Ballroom West
	"Brainflammation" - How Gluten and Grains Trigger Blood Brain Barrier Disruption	Peter Osborne DC, DACBN, PScD	Ballroom East
	Testosterone in Men: Why Levels Are Low and Treating With Natural Therapeutics	Geo Espinosa ND, L.Ac, IFMCP, CNS	Learning Annex
	Integrative Energy Medicine for Pain Management	Gail Van Kanegan DNP, FNP, APHN, EEM-AP, Reiki Master	Clinton Suite
2:45pm - 3:30pm	<i>Afternoon Break - Exhibit Hall Open</i>		
3:30pm - 3:45pm	Energy Break	Nicole Vienneau MSN, RN, NC-BC	Ballroom East
3:45pm - 5:00pm	Functional Medicine in the Age of Genomics, Biometrics and Wearable Devices	Jeffrey Bland PhD, FACN, FACB, CNS	Ballroom East
5:00pm - 5:10pm	Closing Remarks	-	